

Age Less Move More

Awaken Your Inner Spring Movement Sheet

Star Pose —



Come to stand with your feet about 3-feet apart. Push into the outer edges of your heels, drop your tail down, snap your ribs in toward your body and down toward your pelvis and roll your inner arms out.

Inhale your arms up at an angle to stand like a star. Breathe in and out of your belly and feel your energy moving from the center of yourself, down and out of

your feet and toes and up and out of your head and finger tips. Visualize yourself as a star beaming light into the world.

Wake Up Twist —



Come to all fours and place your right foot on the edge of a chair. Take your left foot and leg to the right and sit on your left hip. Push through both heels and on an exhale turn to look over your left shoulder. Come out a bit as you inhale and go back into the twist as you exhale. Hold the twist when ready and breathe in and out. Come out, pause to feel your energy flow and switch sides.